

👁️ 👁️ Here's What's Happening in Wellness Coach This July!

Hi Team,

This month is all about resilience—building it, practicing it, and bouncing back stronger. 💪

Wellness Coach is here to help you level up with a powerful 7-day challenge and a lineup of events designed to support your mental, emotional, and physical strength.

Take a look at what's happening and join any session that speaks to you!

July Challenge: Real-Life Level Up – Achieve Your IRL Superpowers



July 14 – 20, 2025

This 7-day challenge helps you tap into your inner strength and bounce back from life's challenges with clarity and confidence.



Complete all sessions and be entered into a raffle—10 winners will each get a \$25 gift card!



[Join the Challenge](#)



Live Events – Explore What's Coming Up:



Yoga: Breathe, Stretch, and Bounce Back

July 3 @ 11:00 AM ET | Coach Wenlin Tan



[Register here](#)



Meditation: Finding Inner Peace in Difficult Times

July 8 @ 5:30 PM ET | Coach Scott Townsend

 [Register here](#)

 Let's Talk: Staying Focused Under Pressure


July 17 @ 4:00 PM ET | Coach Elizabeth Markie

 [Register here](#)

 Workshop: Finding Your Voice in Difficult Conversations

July 23 @ 3:30 PM ET | Coach Francisco Pucciarello

 [Register here](#)

 Workshop: The Role of Empathy and Kindness in Strong Friendships

July 24 @ 12:30 PM ET | Coach Lily Lomeli

 [Register here](#)

 Meditation: Embracing Change with an Open Mind

July 28 @ 12:30 PM ET | Coach Jordan Benn

 [Register here](#)